

EXERCISE APPARATUS1 **ABSTRACT OF THE DISCLOSURE**

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3 An exercise apparatus utilizes a user's own
4 weight as a load has a folding A-frame formed from two
5 frame sections hinged together and being foldable on
6 the hinge from a storage position to an operative
7 position. A generally U-shaped swing portion is
8 movably attached to one of the frame sections and has
9 a seat attached thereto. A pair of arms, each having
10 a handle, are attached to a generally U-shaped swing
11 portion and extend therefrom so that a person sitting
12 in the generally U-shaped swing portion seat can grip
13 the handles and move the swing portion with the person
14 sitting therein to thereby exercise a person's arms.
15 A leg exerciser is attached to one of the frame
16 sections to allow a person seated in the seat to
17 exercise his legs.